

TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Centers Corporation

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446



Council on Aging Information Hotline
617-730-2777 617-730-2778
Senior Center Van
617-730-2770 617-730-2750

Brookline Council on Aging
www.brooklinema.gov
www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org



CHANGE TO BLAB SCHEDULE

Please note that there has been a change in time for the August session of the Brookline Legal Assistance Bureau. A volunteer lawyer will be at the Center on **August 1 from 12:00-2:30 p.m.** to consult on legal matters of law. This service is offered for Brookline residents only, is free of charge, and no appointment is needed. Please pick up a number at the reception desk or the COA office on the second floor.



AUGUST 2018

ELECTION FORUM FOR BROOKLINE HOUSE OF REPRESENTATIVES SEAT



On **Monday, August 6**, the Senior Center and BrooklineCAN are sponsoring an election forum for candidates for the "Brookline seat" in the Massachusetts

House of Representatives. Rebecca Stone and Tommy Vitolo are competing for the Democratic nomination for the position. The seat is open because Frank Smizik is retiring. The forum will be held at the Senior Center and **doors will open at 4:00 pm**. The formal program is **scheduled from 4:30-6 pm**. The forum is open to all, however, candidates will be asked to speak particularly about issues of greatest concern to seniors. The primary election for this seat will be held on **Tuesday, September 4 (the day after Labor Day)**.

DANCE PARTY USA!

In honor of Dotty Bell's retirement



Join us on Friday, **August 24 from 6:00-8:00 pm**, as our old friend, DJ Tommy spins your favorite tunes of the '50's, '60's, and '70's. Put on your dancing shoes and get ready to boogie the night away! Light refreshments will be available. This event is sponsored by the Brookline Senior Center. Registration is required. Join in the fun and register by calling 617-730-2770. To honor Dotty's retirement, please bring 1-2 non-perishable items for one of Dotty's favorite charities.

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**-SAVE THE DATE-
TUESDAY, SEPTEMBER 4**

The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)

Ruthann Dobek
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Newsletter Editor

The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

Subscription fee: \$10.00/year. See page 27 for subscription/renewal form.

AUGUST OBSERVANCES



In August the Senior Center is open Monday through Friday all month. **Monday, August**

21, is National Senior Citizens Day! Some people celebrate Senior Citizens Day on August 14 as it was the day United States President Franklin Roosevelt signed the Social Security Act in 1935. However, in 1988 Ronald Reagan declared August 21 to be National Senior Citizens Day. This is your day! Enjoy it any way you desire. Take advantage of the senior citizens specials and discounts that will abound! And as always check out all the wonderful opportunities at the Senior Center and around town. Some other special days that we celebrate in August include August 7 Purple Heart Day. Purple Heart Day commemorates the day in 1782 when General George Washington created the Purple Heart Medal – a military decoration that is awarded to those wounded or killed while serving in the United States Armed Forces. August 26 Women's Equality Day and August 27 is National Korean War Veterans Armistice Day.

COUNCIL ON AGING MEETING

The Council on Aging (COA) board is on vacation in August. However, the Nominating Committee will meet on **Wednesday, August 8 at 1:00 pm** to consider new members for the board. If you would like to serve on the board or if you know someone you think would make a good member, please contact Ruthann at 617-730-2756 or Ruthann at rdo-bek@brooklinema.gov.

FREE FRIDAY FLICK



Join us on **Friday, August 10 at 3:00 pm** for a screening of "Coco." In Disney Pixar's vibrant tale of family, fun and adventure, an aspiring young musician named Miguel embarks on an extraordinary journey to the magical land of his ancestors.

There, the charming trickster Héctor becomes an unexpected friend who helps Miguel uncover the mysteries behind his family's stories and traditions. This touching film is sure to charm people of all ages so feel free to bring along the little ones in your life. Light summer refreshment will follow. Call 617-730-2770 to register.

A TASTE OF SUMMER BERRIES

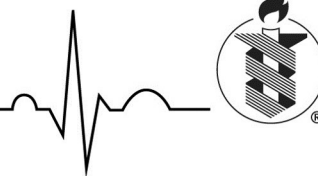


Our friends from Wingate Residences at Boylston Place will be back on **Monday, August 13 at 1:00 pm** with a sampling of

some tasty summer berry treats from Chef Randy's kitchen. We certainly have enjoyed their tastings in the past, so we can't wait to see what Chef Randy has "cooked up" for the summer. We are also happy to announce that John Purcell, saxophonist, will be on hand to provide some wonderful music to accompany the tasty treats! Space is limited to 50 participants so please call 617-730-2770 to register.

TOUR THE SENIOR CENTER

The Senior Center offers escorted tours of the Center Monday through Friday. You need to sign up for the tours ahead of time. To inquire about a tour, call 617-730-2777.



Ask a Nurse Lynn Schuster, a nurse from Visiting Nurse and Community Care will be at the Senior Center on **Thursday, August 2 at 11:00 am.**

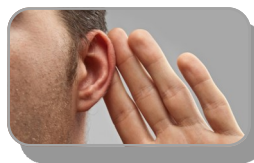
Podiatry Clinic Routine foot care with Dr. John McLoughlin is available at the Health Clinic at the Senior Center. The cost is \$40. To inquire about appointments call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, August 15 at 1:00pm**

Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following location:

August 1 from 2:00-3:00 pm Brookline Public Health Department
A full schedule will return in September.

A FILE OF LIFE provides individuals with emergency medical identification cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information on the File of Life, call 617-730-2777, and leave your name, address and phone. Ruth Brenner, will call you back as soon as possible.

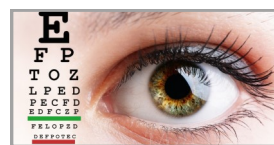


Brookline Hearing Services

The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on

Thursday, August 16 from 1:00-2:00 pm. They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.

ICARE: INDEPENDENT CLIENTS ACCESSING RIDES TO EYECARE



ICARE: Independent Clients
Accessing Rides to Eyecare.

The Council on Aging, through the HELP program, has a program in partner-


ship with ITNAmerica, through their generous grant funding. The HELP program provides free transportation for Brookline residents to scheduled eyecare appointments in the Greater Boston area. To access, please contact the HELP line at 617-730-2752 at least 1 WEEK before your scheduled appointment, as a home visit to sign up for the HELP program is required to access this sub-program.

Who knew there could be so much heart in health care?

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

Affiliated with  Joslin Clinic

A research partner of
NCI DANA-FARBER/HARVARD CANCER CENTER
A Comprehensive Cancer Center
Designated by the National Cancer Institute

 Official hospital of the
Boston Red Sox

ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. (Editor's note: *If you have questions, e-mail them to me at mdeery@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*



Question: Should I get the new shingles vaccine?

Answer: There are 5 vaccinations that adults older than 65 should get:

- Flu vaccine every year
- Pneumonia vaccine PCV13 (Pneumovax 13)-one time
- Pneumonia vaccine PPSV23 –one time
- Tdap (tetanus, diphtheria and pertussis) once, then Td every 10 years
- Shingles one time (unless you had the 1st shingle shot, Zostavax.

Then you should get the newer shingles vaccine, Shingrix.)

Shingles is a painful rash that occurs on one part of the body (different parts on different people.) Even after the rash is gone, there can be residual pain at the site of the rash that can last for years called postherpetic neuralgia. Shingles occurs in people who had chickenpox as a child. The vast majority of adults older than 40 years have had chickenpox, even if they don't remember having it. For people who are uncertain if they had chickenpox or really need to know, there is a blood test which can check for antibodies to chickenpox, although generally this is not done.

The first shingles vaccine, called Zostavax, became available in 2006 to prevent shingles. However, it was less effective in adults older than 80, when people are more likely to get shingles. Then in 2017, a new shingles vaccine, called Shingrix, was developed, which is far more effective than the original Zostavax, regardless of age. The Shingrix vaccine not only gives increased protection against shingles, it also helps prevent postherpetic neuralgia.

Unlike the first shingles vaccine, the new Shingrix vaccine requires 2 injections given 2 to 6 months apart in the arm. Shingrix is recommended for adults older than 50, even if you have already had shingles, have already gotten the older shingles vaccine or are not sure if you had chickenpox in the past.

Because the vaccine gives such strong protection against shingles, many people have temporary side effects after getting the vaccine which may last a few days. Most people have a sore arm at the site of the injection, and some feel flu-like symptoms such as feeling tired, having muscle aches and headache. These generally disappear in 2-3 days. The vaccine does not contain mercury preservatives.

Medicare Part D covers Shingrix, but you should check with your insurance plan to see if there are copays. Also, check with your doctor's office or pharmacist to see if they have the vaccine available, since there has been high demand for it.

SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered to all seniors, including those who are intent on Aging Well at Home are:

BETS (Brookline Elder Taxi System), is a program that allows income eligible Brookline residents (62 and older) to purchase taxi coupons at reduced fare rates. Eligible individuals are allowed to purchase up to eight (8) coupon books per month at a 50% discount. Each coupon book contains ten (10) \$1:00 coupons and program participants pay only \$5:00 per coupon book. BETS is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

Bay State Taxi 617-566-5000

White Cab Taxi 617-314-6262

BETS coordinator Alicia Ebrat is at the Senior Center every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for and sell BETS coupon books. For more information, call Alicia at 617-730-2740.

If you are applying for the first time, or being recertified, bring your 2016 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about the necessary documentation. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed \$54,750 a couple's annual income cannot exceed \$62,550. BETS service is available for use in all cabs of all companies that are based in Brookline. It's the law: If a cab driver from a Brookline-based company gives you trouble about using the coupons, report it to the COA at 617-730-2777. Also note that the coupons cannot be used for tipping. To tip a driver for good service, use cash. **To purchase taxi tickets you must pay by cash or check only.**

Refunds only authorized for one month's worth of coupons maximum that were purchased in the last six months.

SHINE counselors Sonia Wong, Ed Levin, Oliver Buckley and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

TRIPPS looking for alternative transportation options to driving or have a specific question about the MBTA/The Ride, Uber/Lyft or medical transportation? Contact TRIPPS at maria@trippsmass.org or 617-730-2644.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center on **August 1 from 12:00 -2:30 pm** to consult on legal matters of law. **This service is offered for Brookline residents only, is free of charge, and no appointment is needed. Please pick up a number at the reception desk or the COA office on the second floor.**

HELP The Home and Escort Linkage Program finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

REAP The Retirement Engagement Alternatives Program is replacing the old JOBS program. This new program is based on working together to help occupy your retirement! Contact Deidre Waxman 617-730-2767 or email: dwaxman@brooklinema.gov

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance call The Council on Aging and ask to be put on the Food Stamp assistance return phone call list. Someone will return your call as soon as possible 617-730-2777.

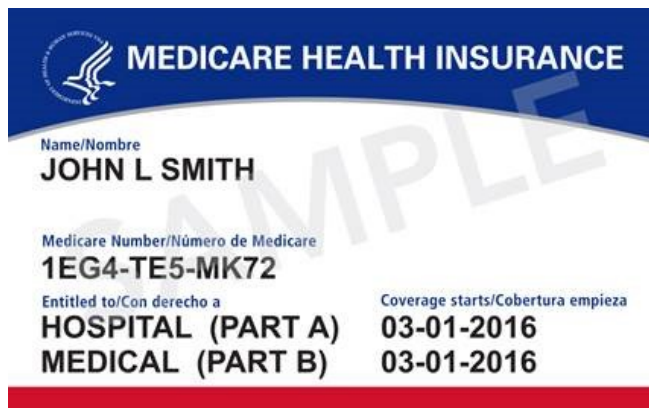
IMPORTANT MEDICARE INFORMATION

More and more seniors are reporting receiving calls from scammers claiming to be from Medicare requesting personal information to verify before new Medicare cards can be issued. The information will help seniors avoid being scammed:

New Medicare cards with new Medicare Numbers are now being mailed. Your new card will automatically come. You do not need to do anything as long as your address is up to date. If you need to update your address, visit your My Social Security Account at <https://www.ssa.gov/myaccount>. Visit <https://www.medicare.gov/NewCard> to sign up to receive an email when your new Medicare card has been mailed. The website also features a map of where mailing has been completed, where Medicare is mailing now and where it will be mailing soon. According to the map, Medicare will be mailing to Massachusetts soon.

Scam artists may try to get personal information by contacting you about your new card. Medicare will never call you and ask you to give personal or private information in order for your new card to be issued. If someone asks you for your information, for money, or threatens to cancel your health benefits if you do not share your personal information, hang up and call Medicare at 1-800-633-4227.

NEW CARDS WILL LOOK LIKE THIS



IMPORTANT THINGS TO KNOW ABOUT YOUR NEW MEDICARE CARD

- Once you receive your new Medicare card, destroy your old Medicare card and start using your new card right away.
- You **DO NOT** have to pay for the new card. If you receive a call demanding money for your new card to be issued, it is a scam. Hang up.
- You **DO NOT** have to verify your personal information to receive your new card. If you receive a call asking for this information, it is a scam. Hang up.
- Once you receive your new card, your Medicare coverage will remain the same.
- If you are in a Medicare Advantage Plan, like an HMO or PPO, your Medicare Advantage Plan ID card is your main card for Medicare.
- Doctors and other health care providers know new cards are coming and will request this new information when you visit for care.
- Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
- If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online. You can visit MyMedicare.gov if you need to replace your card because it was lost or is damaged.

If you believe your Medicare Number is being used fraudulently or have concerns about errors or abuse, contact Medicare at 1-800-MEDICARE and the Massachusetts Senior Medicare Patrol at 800-892-0890.

MAHJONG



Calling all Mahjong players on **Mondays and Thursdays from 12:30-3:00 pm** for a social game of Mahjong.

ANNUAL HOLIDAY CRAFT FAIR MEETING

Holiday Craft Fair

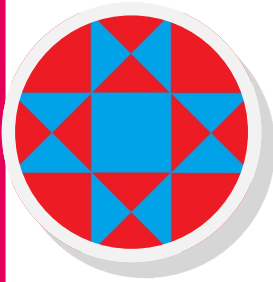
It's that time of year again! Time to start planning for our Annual Holiday Craft Fair and all are welcome. September meeting dates will be published in the September News letter.

ber News letter.

The proceeds from the Craft Fair help to support many of the programs and services that we provide throughout the year. Let's make this our most successful year yet!



QUILT EXHIBIT



Ellen Zellner, one of our Senior Center poets, will be exhibiting her quilts every Saturday and Sunday in August from 12:00-4:00pm at the Ayer Lofts Gallery, 172 Middle Street, Lowell,

MA (across from the N.E. Quilt Museum). Ellen hopes to see you there!



Providence House

Assisted Living at Corey Park in Brighton

Affordable Assisted Living for Seniors of All Incomes

617-731-0505 www.providencehouseassistedliving.com

CAMP MEMORY CONNECTIONS



The 2nd Annual "Camp Memory Connections" will be held on **Wednesday, August 22 from 11:00am-2:00pm** at **Larz Anderson Park picnic shelter** rain or shine.

Sponsored by the Brookline Senior Center, Goddard House Assisted Living, and Brookline Recreation, this free outdoor day camp experience for people living with memory changes and their care partners will include conversations with peers over camp-themed lunch, S'mores, & snacks, along with expressive therapy activities (music, art, exercise, etc.). Either party can attend by themselves, but a care partner must accompany those who require any care assistance (bathroom facility available). ***Please RSVP and book available Transportation: Jamie-617-730-2753 or jjesen@brooklinema.gov. *** Parking also available in small lot off Goddard Ave. This program is supported by a grant from the Brookline Community Foundation. ****Please note: this event is in place of the monthly Memory Connections Café.****

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www.chestnuthillerrands.com

ELKS BINGO



Join our friends from the Brookline Elks Lodge 886 on **Saturday, August 18 at 1:00 pm** for an afternoon of BINGO at the Senior Center.

They'll have some fun prizes so we hope to see you there!

Space is limited so please call 617-730-2770 to register.

THANK YOU

The ELKS would also like to thank all who attended the 2018 Senior BBQ in July. They said that were very happy and honored to serve the wonderful citizens of Brookline! And of course, we are very thankful for all that they do for our Brookline seniors as well!

LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am**. Facilitator, Tom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.

SENIOR CHORUS



The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. Just come on Fridays at 10:30 am and make a joyous sound with the group led by Joe Reid

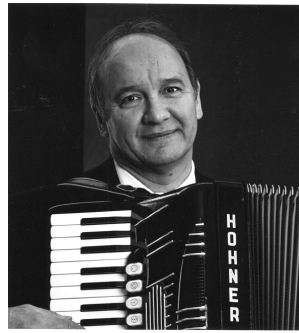
ZUMBA GOLD



Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, on **Thursdays through August 30*** at 1:30 pm. *Please note that there will be no class

on **August 9, and August 16.** Drop-ins are welcome at \$7 per session. Free for Brookline Housing Authority residents thanks to the Brookline Multiservice Senior Center Corp, a 501 (c)(3) corporation that supports Senior Center programming.

EMILIAN BADEA



Emilian Badea, accordionist, will be back at the Center on **Wednesday, August 1 at 1:00 pm.** to delight us with a concert of songs from around the world. Emilian has performed with the Boston Ballet, the Boston Lyric

Opera, the Rhode Island Philharmonic, and many other New England ensembles. He is also currently on the faculty of the Department of Performing Arts at the University of Massachusetts Boston. To register, please call 617-730-2770.

Thinking about downsizing or selling your home?

We're here to help.

And you don't need to pay us until your home is sold.

We are a **one-stop service company** that gets your home ready for sale and makes your move stress-free.

We'll transform your home into a marketable property that will stand out from the rest and **sell faster, at a higher price.**



Sold at first Open House

STEP 1

WE GET YOUR HOME READY FOR SALE.

Organizing, decluttering, painting, repairs, junk removal, deep-cleaning, staging, and curb appeal

STEP 2

WE HELP YOU MOVE.

Packing, charity donations, deliveries, final-inspection punch list, local moving, and more

STEP 3

WE HELP YOU SETTLE INTO YOUR NEW HOME.

Unpacking, furniture arrangement, repairs in your new residence, and more



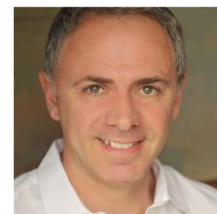
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Call me for a **complimentary consultation:**



(617) 331-7848



Leon Gelfand, Founder

"I want to thank you and your team. You are responsive, professional, and fun to work with."

— Gerry C., Newton

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Batia Bloomenthal. Please **NOTE: we will be on vacation in August. See you in September!**

SEXUAL HARASSMENT IN OLDER ADULT COMMUNITIES



Understanding the Issue and How to Respond Join us on **Wednesday, August 15 from 2:00-3:30pm**, as Robin Krawczyk, LICSW, Community Education and Training Specialist for Jewish Family and Children's Services, presents a workshop that provides a general framework for understanding the complex issue of sexual harassment in older adult communities. Participants will learn what sexual harassment is, acknowledge the “gray areas”, better understand the impact on targets and, most importantly, learn how to respond when it happens in their communities. The workshop will reinforce the themes of personal choice and the importance of creating an environment where all older adults can feel comfortable. To register, please call 617-730-2770.

HANDICAPPED ACCESS

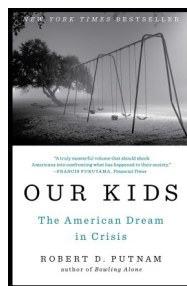
The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations, contact the Council on Aging at 617-730-2777.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

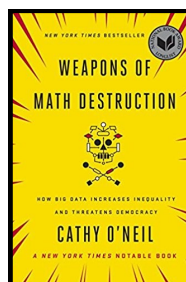
at the Brookline Senior Center

Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other nonfiction topics. Suggestions for future titles are encouraged. **Please note: This group is held at the Brookline Senior Center on the fourth Tuesday of each month from 9:00-10:00 am.**

During the Coolidge Corner Library renovation, copies of the book will be available for loan at the Senior Center. Please bring your Brookline Library card to the Council on Aging Offices (2nd floor) in order to “check out” a book. If you do not have a Brookline Library card, we will not be able to loan you a book. Books must then be returned to one of the book drop boxes located at either the Coolidge Corner Library or 50 Pleasant Street. **The Book will be available at the Senior Center through August 15.** We appreciate the Library staff’s efforts to make this temporary arrangement possible.



August 28 *Our Kids: the American Dream in Crisis* by Robert D. Putnam (Simon & Schuster, Inc.) Book will be available at the Senior Center through August 15.



September 25 *Weapons of Math Destruction: How Big Data Increases Inequality and Threatens Democracy* by Cathy O’Neil (The Crown Publishing Group | Penguin Random House LLC)

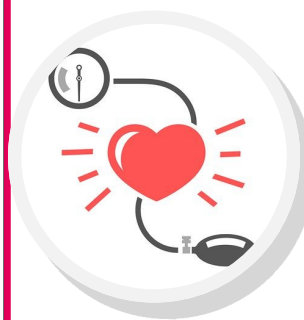


FROM THE BOARD PRESIDENT

The Senior Center's 17th Annual Autumn Benefit will be held on Wednesday, October 24 at 6:00 pm. This year we are honoring the law firm of Wade Horowitz and LaPointe LLC. The firm has been a long-time significant contributor to the Brookline Senior Center. The attorneys have volunteered in our monthly legal clinic and have offered educational programs—even before we had our own building. The Benefit will include great food, raffles, and entertainment. Proceeds will go toward services important to Brookline seniors. Sponsorships are welcome from individuals, companies, and nonprofit organizations (for more information, contact Ruthann Dobek at rdobek@brooklinema.gov or 617-730-2756). We also welcome gift certificates, merchandise, and services to be raffled.

-With Much Appreciation, Betsy Pollock

BLOOD PRESSURE CLINIC CHANGES



Blood Pressure Screening

Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the Brookline Public Health Department on **Wednesday, August 1**

from 2:00-3:00 pm A full schedule will return in September with one exception. They will no longer host a clinic at 50 Pleasant Street.



REBECCA HAYDEN AND TANYA SHRAGO CONCERT



Join us on **Monday, August 27 at 1:00 pm** as Rebecca Hayden, soprano and Tanya Shrago, pianist, perform a mix of popular American song styles. Their selections will range

from parlor songs and vaudeville of the Gay Nineties to musical theater songs celebrating all the glories and devastation of love. Rebecca and Tanya will then end with a set from our beloved national song composer, George Gershwin. To register, please call 617-730-2770.



Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit BrooklineCAN.org

-SAVE THE DATE- BROOKLINE CAN ANNUAL MEETING



On **September 13** BrooklineCAN will hold its 8th annual meeting. This year, the event celebrates Brookline age-friendly businesses. Matt Weiss, host of the Age Friendly Cities TV show, will moderate a panel of

age-friendly business leaders, including David Leschinsky of Eureka Puzzles, Kathy Tallman of Coolidge Corner Theater, and Kyle Perzanoski of Brookline Bank. They will discuss how businesses are embracing the Age-Friendly campaign, adopting features intended to make businesses attractive to older people that are also welcomed by customers of all ages. The campaign is co-sponsored by the Brookline Chamber of Commerce and the Town's Economic Development Advisory Board. Another feature of the event will be the information fair with additional information about age-friendly businesses and about opportunities for BrooklineCAN participation.

VIBRANT ASSISTIVE TECHNOLOGY PROGRAM



The Massachusetts Association for the Blind and Visually Impaired (MABVI) is proud to announce the VIBRANT program in partnership with the Centers on Aging and the Brookline Senior

Center. What is VIBRANT? It is assistive technology guidance that empowers you. If you are losing your vision, we can help train you on current technology that makes your life easier. Assistive technology is any piece of hardware or software designed or modified for use by a person with a disability.

Specialized assistive technology training can help with all kinds of tasks and daily living activities, such as reading, walking, personal finance and more. Anyone with low vision or blindness is welcome to reach out to us, as well as those interested in how we are serving the spectrum of vision loss.

After a Vibrant intake and assessment, conducted by Jerry Feliz, the Brookline Senior Center Assistive Technology Director, clients will be matched with a trained volunteer. Our Vibrant Volunteers will provide you with applied assistive technology instruction to help accomplish your everyday goals.

Jerry can be reached at: 857-443-6636, or send email to: Jfeliz@mabcommunity.org or stop by the Senior Center computer lab on Wednesday or Thursday afternoons and ask for Jerry. We look forward to working with you soon.

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**For More Information
please call:
617-499-5525**

SPOTLIGHTED VOLUNTEER



Akemi Minami has been volunteering at the Brookline Senior Center (BSC) since 2011, when she began because she was interested in volunteering in her community. She had previously volunteered with organizations includ-

ing Hospice and Boston Public Schools, where she taught young students to read. In her seven years at BSC, Akemi has done gardening and flower arranging, which she enjoys because of its creative and meditative elements. Her interest in flowers stems from her father, who always kept flowers when they lived in Japan and in Brookline. One of her favorite parts of being at the Senior Center is socializing and the opportunities to make new friends. Akemi has been an inspiration to many throughout her time volunteering, most recently during the visit of the Lincoln 8th graders, when she demonstrated a traditional Japanese flower arrangement to a Japanese student. Akemi continues to practice reiki at BSC and inspire others in the community.

Article written by Julia Riesman, Steps for Success

ARTMATTERS

On **Wednesday, August 8 at 1:00 pm**, join us for an interesting presentation on "Impressionism" by ArtMatters. The Impressionists were painters of light, painters of nature, and painters of human nature. Having little in common, except a common enemy, the Academy, artists like Monet, Renoir and Degas defied convention and changed the way the whole world looked at art. Like a stone dropped into a still pond, the ripples from this revolutionary style of painting spread out, influencing a whole new generation of artists. Take a closer look at many of the paintings that moved the world into the modern era. The ArtMatters Program is designed to engage attendees with stimulating, informative, and entertaining presentations on a single artist, style or period of art. Only oversized art prints are used and can be viewed up close and personally. Unlike when using PowerPoint or slides, the lights can stay on and all of the images are arranged and displayed together so they can be enjoyed and compared for the entire length of the presentation. These large fine art reproductions can also be held individual by individuals who may suffer from some vision impairment. To register, please call 617-730-2770.

EASY TRAVEL

South Korea is an Asian peninsular country that not only is known for its innovative technology and spicy foods, but also for the kindness of its people, the ancient culture found hidden even in their most modern cities, and the beauty of its landscapes. Join Jillian Watts, our armchair travel host, on **Thursday, August 2 at 1:30 pm** to "travel" throughout South Korea with an insider's perspective. Jillian has lived in Korea for four years, and currently is an English Language Learner teacher at Runkle School.

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AUGUST LUNCHEON SPECIALS

Reservations for ALL Springwell lunches must be made by 10:30 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call 617-730-2747 the previous Friday by 10:30 am. Lunch is served at 12:00 noon unless otherwise noted.

Please be aware that Springwell can only guarantee your lunch reservation until 12:15 pm each day. If you are going to be arriving late for lunch, please let Kristine know in advance. If you arrive after 12:15 pm with no advance notice, Springwell cannot guarantee that you will receive a meal for that day.

On Tuesday, August 21 we celebrate August birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all August birthday celebrants. We also want to thank our friends at Wingate at Chestnut Hill for providing our monthly birthday cake. Now it is easier than ever to register for our monthly birthday celebrations! Just call 617-730-2747 to reserve a lunch on the business day prior before 10:30 am and you are all set. When you arrive for lunch on the day of the party, the leader of our birthday celebration will come around to all the tables to make sure that we don't miss any of our special attendees celebrating their birthdays that month.

LET'S GO OUT TO LUNCH BUNCH



The Out to Lunch Bunch will dine at Vine Ripe Grill at the Brookline

Putterham Golf course, 1281 Roxbury Parkway, Chestnut Hill. On **August 28 at 12:00 noon**. The van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, please call 617-730-2770.

BONE HEALTH



Are you concerned about osteoporosis, back pain, or falling? The Department of Orthopedic Surgery at Beth Israel Deaconess Medical Center is giving a short seminar at the Senior Center

on **Thursday, August 9 at 1:00 p.m.** on how we can keep our bones and spines healthy as we age in order to prevent and/or manage these spine issues. The talk will last about 30 minutes. To register, please call 617-730-2770.

GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM

The Greater Boston Food Bank Commodity Program provides shelf-stable food to low income seniors. Two shopping bags of food for each approved participant are delivered to the Brookline Senior Center at 93 Winchester Street, Sussman House at 50 Pleasant Street and O'Shea House at 61 Park Street on the 3rd Wednesday of each month. We are actively recruiting new applicants to participate in this program. If you or anyone you know are interested in applying for or finding out more about the program, please call Patricia 617-730- 2743 to set up an appointment.

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in August at 1:00 pm** for a fine feature film. Make a reservation for lunch and make an afternoon of it.



Tuesday, August 7 ***Chappaquiddick* (2017)**

1hr. 46min.

Depicting Ted Kennedy's involvement in the fatal 1969 car accident that claims the life of a young campaign strategist, Mary Jo Kopechne.

Stars: Jason Clarke, Kate Ma-

ra, Ed Helms



Tuesday, August 14 ***Murder on the Orient Express* (2017)**

1hr. 54min.

When a murder occurs on the train he's travelling on, celebrated detective Hercule Poirot is recruited to solve the case.

Stars: Kenneth Branagh, Penélope Cruz and Willem Dafoe

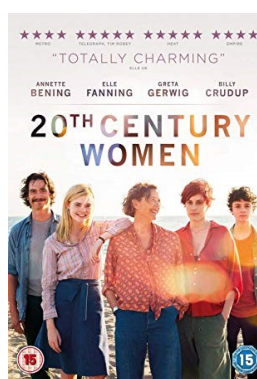


Tuesday, August 21 ***Black Panther* (2018)**

2hr. 14min.

T'Challa, heir to the hidden but advanced kingdom of Wakanda, must step forward to lead his people into a new future and must confront a challenger from his country's past.

Stars: Chadwick Boseman, Michael B. Jordan, Lupita Nyong'o



Tuesday, August 28 ***20th Century Women* (2016)**

1hr. 59min.

The story of a teenage boy, his mother, and two other women who help raise him among the love and freedom of Southern California of 1979.

Stars: Annette Bening, Elle Fanning, Greta Gerwi

SPECIAL FRIDAY FAMILY FLICK



Friday, August 10 at 3:00 pm. ***Coco* (2017)**

1hr. 45min.

In Disney Pixar's vibrant tale of family, fun and adventure, an aspiring young musician named Miguel embarks on an extraordinary journey to the magical land of his ances-

tors. There, the charming trickster Héctor becomes an unexpected friend who helps Miguel uncover the mysteries behind his family's stories and traditions. This touching film is sure to charm people of all ages so feel free to bring along the little ones in your life. Light summer refreshment will follow. **Call 617-730-2770 to register.**



FROM THE DIRECTOR

A special thank you goes to our state legislators who worked diligently to increase funding for elders. We will be awarded in the State Formula Grant at least \$11.00 per elder in a budget that had much competition. We are waiting for our final allocation, but are very grateful that the state legislators placed a high priority on eldercare. Our legislative team of Frank Smizik, Jeffrey Sanchez, Michael Moran, Ed Coppinger, and Cynthia Creem deserve our gratitude for being strong elder advocates. Special acknowledgement to Cynthia Creem who secured funding for our Alzheimer's Caregivers Respite Program. We are most appreciative of her efforts. In addition, Brookline's Frank Smizik is retiring this year. The primary for a new representative will be on Tuesday, September 4th. A fabulous opportunity to meet the candidates will be held on August 6th at the Brookline Senior Center. Doors will open at 4:00PM and the program begins at 4:30PM. I urge you to attend this important State Representative Candidates' Forum.

Save Thursday, September 13th on your calendar for the BrooklineCAN Annual Meeting at the Brookline Senior Center. This will be a festive event, kicking off BrooklineCAN's campaign promoting age-friendly businesses. Additionally, it's time to announce our 17th Annual Autumn Benefit which will be held on Wednesday, October 24th. This year we will be honoring the law firm of Wade, Horowitz and LaPointe LLC, for their dedication to older adults and the community. We are planning a fabulous evening of delicious food and great entertainment. We expect this to be a sellout. Please consider donating at a sponsorship level to support our critical needs.

Transportation continues to be a major concern for elders. Our TRIPPS Program can assist you in finding alternative transportation options. Please call Maria Foster at 617-730-2644 for more information. We are committed to improving our transportation service. One way you can help is by sending a donation to support our Van Fund, which is dependent on your gifts to continue. Another way to assist is by completing our brief transportation survey at <https://bit.ly/2Lx6jXQ>.

Paper copies of the survey are also available at the Senior Center. Watch this space for results. While some of our regular classes are on vacation, August still has some great activities here at the Senior Center. Please join us! They include A new program, ArtMatters (See P. 15), A Taste of Summer Berries—an event sponsored by Wingate Residences at Boylston Place on Monday, August 13th, the Springwell BBQ on Wednesday, August 15th, and the End-of-Summer Dance with Tommy Bahama on Friday, August 24th. The dance will be dedicated to Dotty Bell, who retired last year. Dotty's 20 years of service to the Council on Aging and the community are well worth celebrating—we will see you there! Savor the lazy days of August. If you get a chance, enjoy Brookline Recreation's outdoor concerts and movie series. Before you know it, the hectic after-Labor Day season will be here.

FITNESS CENTER



Inquire about becoming a member, contact Sharon Devine, 617-730-2769. Membership includes use of strength training and cardio equipment, small group classes. Quiet and relaxed atmosphere. Assistance of certified personal trainer at no additional charge.

AUGUST AT A GLANCE

Wednesday, August 1

12:00-2:30 BLAB Note: time change

1:00 Emilian Badea Concert ***

2:00-3:00pm Blood Pressure Clinic BPHD*

Thursday, August 2

11:00am Ask A Nurse

1:30pm Easy Travel

1:30pm Zumba Gold (\$7/class: Free to BHA)

Friday, August 3

Monday, August 6

4:00-6:00pm Brookline State Representative
Election Forum

Tuesday, August 7

1:00pm Movies for film lovers-*Chappaquiddick*

Wednesday, August 8

1:00pm COA Nominating Committee Meeting

1:00pm Art Matters *Impressionism* ***

Thursday, August 9

1:00pm Bone Health Presentation***

No Zumba Gold

Friday, August 10

3:00pm Friday Family Flicks-COCO***

Monday, August 13

1:00pm A Taste of Summer Berries***

1:00-2:30 Ukulele

Tuesday, August 14

1:00pm Movies for film lovers-*Murder on the Orient Express* (2017)

Wednesday, August 15

1:00 Low Vision Support Group

2:00-3:30pm Sexual Harassment Workshop***

Thursday, August 16

1:00-2:00pm Brookline Hearing Service

No Zumba Gold

Friday, August 17

Saturday, August 18

1:00pm BINGO with the Brookline ELKS***

Monday, August 20

Tuesday, August 21

12:00noon August Birthday Lunch***

1:00pm Movies for film lovers-*Black Panther*

Wednesday, August 22

11:00am-2:00pm Memory Café Camp***

Thursday, August 23

1:30pm Zumba Gold (\$7/class/Free to BHA)

Friday, August 24

6:00-8:00pm Dance Party USA***

Monday, August 27

1:00pm Tanya Shrago Concert***

Tuesday, August 28

9:00-10:00am Public issues Book Group-*Our Kids: the American Dream*

12:00 noon Out to Lunch Bunch-VineRipe
Grill***

1:00pm Movies for film lovers-*20th Century Women*

Wednesday, August 29

Thursday, August 30

1:30pm Zumba Gold (\$7/class/Free to BHA)

Upcoming Events

-SAVE THE DATES-

SEPTEMBER

Tuesday, September 4 State Primary Election

Thursday, September 13 BrooklineCAN will
hold its 8th annual meeting.

Thursday September 20 at 1:00 pm Attendance
is required for the Tax Workoff program

Sunday, September 23 the 2018 Alzheimer's
Walk

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open —
Membership required
8:45-10:15 Strength Training **
10:30-11:30 am Poetry Workshop ***
10:30-11:30 Senior STRETCH **
12:00 noon Springwell Lunch***
12:00-4:00pm BETS
12:30-3:30 pm Mah Jongg/Scrabble
2:00-4:00pm Open Computer Lab

Tuesday

8:30 am-4:30 pm Fitness Center Open —
membership required
9:00-12:00 noon Reiki Therapy ***
10:00 am Flexibility, Resistance Training, and
Balance
10:30 am Brookline Bees, Quilters
11:00-11:45 Tuesday Morning Dance Party
12:00 Springwell Lunch ***
12:00 noon French Conversation
12:00-4:00 pm BETS
1:00 pm BINGO
1:00 pm Movies for Movie Lovers
2:00-3:00 pm Exercise for Health &
Rejuvenation
2:00-3:00pm Yoga Chair Class **
2:00-4:00 pm Food Distribution Site (hours
approximate)
3:00-4:00 Yoga Mat Class**

Wednesday

8:30 am-4:30 pm Fitness Center Open Member-
ship required
8:45-10:15 Strength Training **
9:00-10:00 am Living Our Values
10:00-12:00 TRIPPS office hours
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
12:00-4:00 pm BETS
1:00-3:00pm Scrabble

Thursday

8:30 am-4:30 pm Fitness Center Open Member-
ship required
9:30-11:45am Drawing for Pleasure*** (vacation
until October)
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
12:30-3:30 Mah Jong
1:00-3:00 Chess
1:15-2:15 pm Beginning Spanish Class***
2:30 pm Spanish Immersion Conversation
Group***
2:00-4:00pm Open Computer Lab

Friday

8:30 am-4:30 pm Fitness Center Open-
Membership required
9 :00 am Bridge
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
1:00-2:30 pm Basic Computer Class in Spanish

1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:00-5:00pm Learn to play chess
3:30 pm Latino Instrumental and Vocal ***

*Not at the Senior Center

** This is a Brookline Adult and Community
Education (BA&CE) course so registration
with them is required. Call 617-730-2700 or
go to www.brooklineadulted.org to register

*** Registration Required

REIKI THERAPY

Reiki is a safe, gentle, noninvasive form of hands-on healing. People who receive Reiki, report benefits that include a general feeling of well-being, increased energy and relaxation, and reduced pain. It can positively affect physical, mental, and spiritual levels and can help people access their innate healing capacity.

Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on Tuesdays from 9:00 am to 12:00 noon at a special, discounted rate—a donation of \$7 per session. You can also buy a book of 5 treatments for \$25 as a gift or for yourself. If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you. For more information, call 617-

FOOD DISTRIBUTION SITE



There is free food distribution at the Senior Center every **Tuesday from approximately 2:00 to 4:00 pm. Get a number in the coffee lounge beginning at 11:00 am.** Do not go down to the basement until your number is called.

A variety of foods are available at the site—many choices of breads and rolls and lots of produce. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided. In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer please contact Patricia Burns our volunteer coordinator

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

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1-800-243-4636

(1-800-AGE-INFO)



LET'S PLAY SOME PING PONG!

Lin Sasman, our wonderful Ping Pong Coordinator, is here on **Friday afternoons from 1:00-5:00 pm.** If you want to drop in for a quick game, Lin will be available to help you connect with players of similar abilities.

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-SAVE THE DATE- ALZHEIMER'S WALK



The 2018 Alzheimer's Walk will be held on **Sunday, September 23**. Everyone knows someone with Alzheimer's.

Please help fund research on this disease by signing up for the Brookline Senior Center Alzheimer's Walk team. Put your walking shoes on and get donations from your friends and families. You can walk either 1 ½ or 3 ½ miles while enjoying a lovely view and visiting with friends. Transportation will be provided to and from the Senior Center. While the walk is not until September, it is never too early to start collecting donations. To sign up please contact Patricia, Volunteer Coordinator 617-730-2743 or

ALZHEIMER'S CAREGIVER SUPPORT GROUP

This on going daytime support group is designed to help caregivers cope with the stress and demands of loved ones struggling with Alzheimer's. It meets on the 4th Tuesday of each month. If you are interested in this group, please call the facilitator Ted Sturman at 617-803-610

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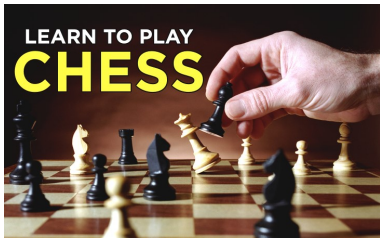


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www.brooklineadulted.org

617-730-2700

LEARN TO PLAY OR IMPROVE YOUR CHESS GAME



Are you a beginner chess player or have always wanted to learn how to play? Three Brookline High School seniors who are part of the

high school Chess Club will be at the Senior Center on **Fridays from 3:00-5:00 pm** throughout the summer. If you are interested, drop in for a lesson or a game! If you have questions, call Patricia at 617 730 2743.

BRIDGE FOR EXPERIENCED PLAYERS



Jan Davidson, Bridge Coordinator, welcomes experienced players on **Friday mornings at 9:00 am sharp**. Give the revolving bridge game a try.

CALLING CHESS PLAYERS



of all abilities on **Thursday afternoons from 1:00-3:00 pm**. You can bring your own board or use one of ours.

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Are you computer phobic or just need some tech assistance? Have you tried a computer class but are still frustrated with using technology? Do you have questions about setting up email, using your laptop, tablet, SmartPhone, or navigating the internet? We have computer volunteers available to help you on Tuesday afternoons.

Fran Pechenick, a longtime computer volunteer, helps with computer basics, email and navigating the internet. Dan Siagel, is able to help people from basics to the more complex for their Smartphones, laptops and Tablets including Apple Windows or Android operating systems. Appointments are necessary. Please call Olga Sliwa at (617) 730-2768 for more information or to book an appointment.

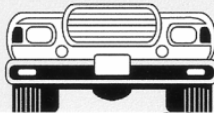
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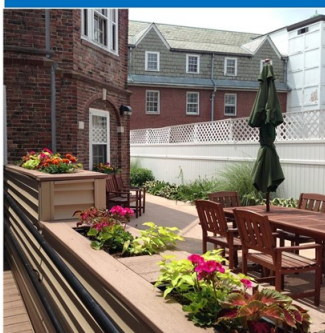
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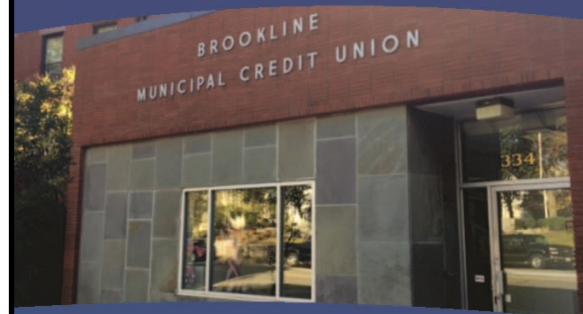
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The Pathway Home Team
Michelle Quinn
Susanna Stiefel
Kim Sullivan

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-Joel and Fiona, buyer and seller clients

Michelle Quinn & Susanna Stiefel of The Just Right Move Team helped us find our dream home. They asked us questions to help us decide exactly what we were looking for, and when we found the perfect place, they helped us put together a winning offer. They also coached us through the process of getting our condo polished up and sold as well. It was a wonderful experience, and we're delighted with our "just right move." *-Ann and Ben, buyer and seller clients*

"We're so grateful that Kim Sullivan helped us sell our home and buy our next home! The level of knowledge and attention we received was outstanding. She took the time to get to know us, what we loved about our home, as well as what we were looking for in our next home. We truly felt she had our best interest in mind. Kim's caring & calm personality kept us grounded & reassured us from start to finish. I highly recommend Kim & the Pathway Home Team!" *-Andrea and Joe, buyer and seller clients*

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REAP

-SAVE THE DATE- TAX WORK-OFF MEETING

The annual Tax Work-Off meeting will take place on **Thursday September 20 at 1:00 pm.** **Attendance is required** for every participant and one hour of credit will be given towards final program hours. Regrets only to Deidre Waxman 617-730-2767

LIBRARY CONNECTION

Are you a lover of library books and other resources, yet unable to enjoy the pleasures of browsing on your own? We have a solution for you! The Library Connection, a partnership of Brookline's Council on Aging and the Public Library of Brookline, provides delivery of library materials directly to homebound Brookline residents who are unable to leave their home. A volunteer from the community will deliver materials to you throughout the year. If you are interested in becoming a volunteer or receiving this service, contact Volunteer Coordinator Patricia Burns at the Council on Aging 617-730-2743.

WHAT IS TRIPPS?



City dwellers of all ages and abilities are reducing their dependence on driving and opting for a driving-free or driving-less lifestyle. Luckily, as seniors in our area transition from driving, they are spoiled for choice when it comes to travel options. The TRIPPS program offers the support of a network of trained volunteers who are ready to offer seniors individual, personalized support as they explore and expand their transportation options. Contact TRIPPS at info@trippsmass.org or (617) 730-2644.

AUGUST SPOTLIGHTED VOLUNTEER OPPORTUNITIES



This month's spotlighted opportunities include: TRIPPS - data entry support, and/or research and writing on transportation topics; Information Desk -backup; Food Commodity program

on 3rd Wednesday of each month – Russian interpreters morning and afternoon shifts and people able to help with phone calls and/or lifting 30-35 lbs. in the morning; Food Pantry - volunteers for Russian interpreters for Tuesday afternoons (1-4); Smartphones and other Technology -1-on-1 assistance for seniors with their Smartphones and other technology. If you would like to apply for these or other volunteer opportunities or have ideas for new opportunities at the BSC, please call Patricia, the Volunteer Coordinator @ 617-730-2743 or email her at pburns@brooklinema.gov to make an appointment to talk about things you like to do, your skills and potential volunteer opportunities.

INDIVIDUAL JOB SEARCH SKILLS APPOINTMENTS

Patricia Burns, the REAP Program Job Skills Counselor is available for 1-on-1/individual appointments to assist with essential job search tools including resume writing or updating, job specific cover letters, LinkedIn profile development, interviewing by phone, skype, in-person or mock as well as identifying transferable skills from past experience to use in your next job. Appointments are required. Contact Patricia at 617-30=2743 or e-mail her at pburns@brooklinema.gov for an appointment.

UKULELE GROUP

On Vacation in August

The Ukulele has become a very popular instrument to play. It is pretty easy to learn, and not too expensive to buy. Why not come for a session and see whether it will be a new hobby for you. We have a songbook and choose songs to play and sing. Everyone is invited, even if you do not have a Uke, so join us for an hour and a half of fun, singing songs that most of us know. For a copy of the songs, please contact Judy, our Uke coordinator at hearojudy51@yahoo.com. Watch the Newsletter for September dates.

E.L.F. MONTHLY FEATURED ITEMS

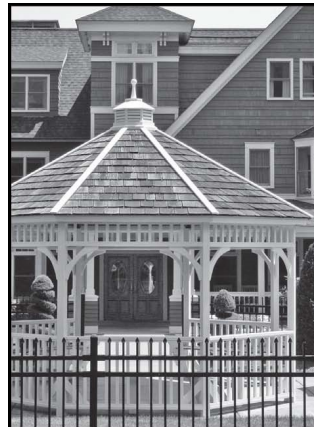
The program is in need of tub bench/chair donations and rollator donations. Please call Jamie at 617-730-2753 to donate these items or to request any available items.

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In Honor of:

Anonymous honoring Sharon Devine
Marian Hershenson honoring the 70th wedding anniversary of Shirley and Berol Robinson
Joanne Stratton-Mamber honoring Charlotte M. and Batia B.
Anonymous honoring Ruthann's 35th anniversary with the Council on Aging
Ellen Zellner honoring Anna Higgins and the Poetry Workshop, Sonia Wong and Julie Washburn
Kathryn Kilpatrick honoring Angela
Muriel Stark honoring Deidre Waxman and Gary McCabe
Barbara Scotto honoring Evelyn Roll
Judith Juster honoring Helen Davis and the ICARE program

In Memory of Aaron Seidman by:

Ellen Zellner, Peter Barrer, Ruthann Dobek
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